



REQUIREMENTS FOR A TENTH DEGREE BLACK BELT

There is no set requirement for obtaining a Tenth Degree Black Belt, for each martial arts organization has their own standards for this ultimate promotion. Most organizations do, however, expect their Tenth-Degree recipients to have been a lifetime teacher and propagator of the art that they have learned.

This may be accomplished through hands-on teaching at the dojo, composing books and, or films on the arts, as well as being consistent with their own training.

As an example of one who has earned this prestigious award, read the Tenth Degree Black Belt Dissertation of Sifu Herb Patus chronicling the steps of his Kenpo Karate career that has led him to a Tenth Degree Black Belt in the art.

UNDER BELT REQUIREMENTS

A detailed compilation of under belt requirements for Orange, Purple, Blue, Green, Brown 1-2-3, and Black 1st through 4th Degrees, may be viewed in the text (fifth Degree Thesis) "Karate and the Christian, the Parchments", found at www.kenpoconnection.com.

TENTH DEGREE BLACKBELT DISSERTATION



Sifu Herb Patus

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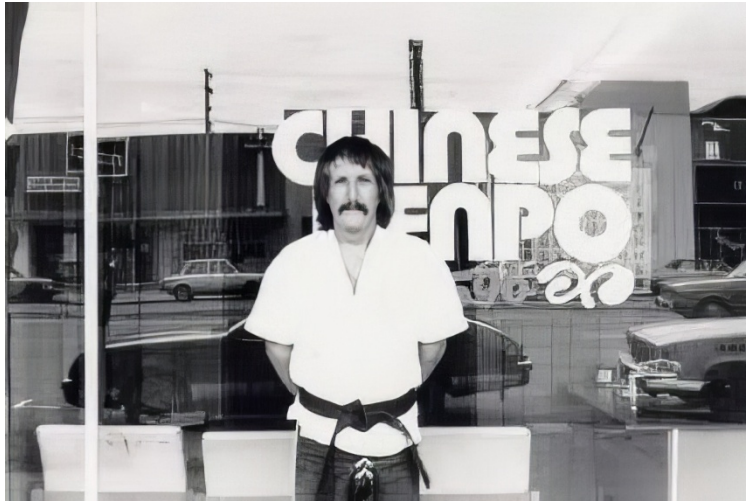
TENTH DEGREE BLACK BELT DISSERTATION

For my Tenth-Degree promotion I have been required to compose a dissertation.

Dissertation: A long essay written as a requirement to earn a doctorate degree.

It is not that we are seeking the title of Doctor, but rather are expecting a full report on what one has done with the knowledge that they have obtained through Kenpo. After all, the Tenth Degree is the highest promotion that the system has to offer, thus this Dissertation needs to be thorough.

Like so many of the black belts in my generation, Bruce Lee's role of "Kato" in the Green Hornet greatly inspired my desire for the martial arts. I wanted to move like he did for "I ain't never seen anything like that before ". Thus, I knew that someday I would seek out a Chinese martial arts school to earn a Black Belt. At the age of 23 y/o I began my search and found Kenpo (Tracy's Karate / Master Dick Willett).



I began work in the shipyard to fund my Kenpo training, however, the long hours of hard labor on the job made it difficult for me to train as I would have liked. It took five years for me to obtain a Tracy's Brown Belt. I believe that the discipline I had gained through high school athletics (cross country – wrestling –and track) was a huge advantage as I struggled through those tough times.



Because time was so scarce for me, and I lived a substantial distance from Tracy's school, I transferred to "Chicken" Gabriel's

UKF (United Karate Federation) school. It was here after Three years that I obtained my black belt from Chicken.

My then desire to open my first Kenpo school required learning the business aspect of operating a martial arts school. I trained for this under the tutelage of Grand Master Dick Willett, Master Orned "Chicken" Gabriel, and Master Todd Mc Elhinney.



GRAND OPENING

I opened my first Kenpo school (Kwoon) in Encinitas, Ca. (1985) where I was honored to have Muhammad Ali attend my Grand Opening (thank you Chicken for that connection).



It was here that I developed an interest in placing my various teachings on video.

In my search for a film production company, I met Wayne Smith, a former Disney employee who was an expert in video production. His company Major Video Productions was in



Poway, Ca. twenty-five miles from my Encinitas school. He agreed to produce my films but said the cost would be much less if I were in Poway.

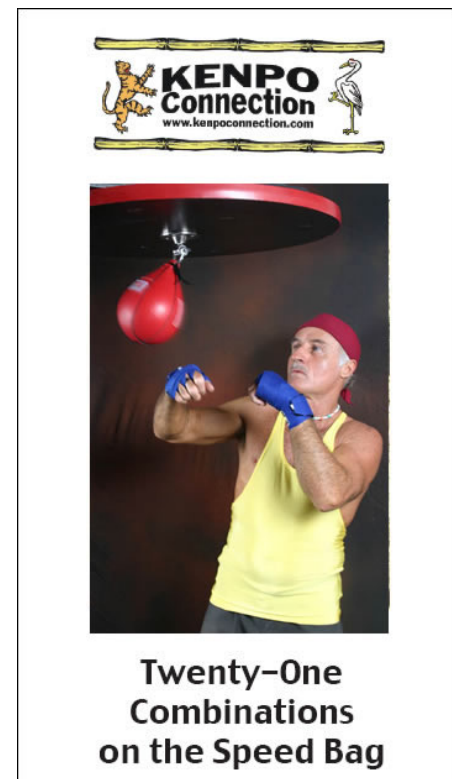
So, after being in Encinitas for two years I closed the school and relocated to a 1,000 sq. Ft. Suite located right next to his. It was there we filmed and edited "21 Combinations on the Speed Bag".



This was produced in analog, for digital was new on the market. Analog was extremely old technology that utilized tubes rather than microchips. As a result, it broke down often and was expensive to repair, it was time to update the production equipment.

Immediately following the Speed Bag production Wayne closed his business to dispose of his outdated analog film - edit equipment and refit his production company with modern digital equipment. He would then contact me to continue my Kenpo productions.

I returned to our Mother School (HQ) 3030 El Cajon Blvd San Diego, Ca. to teach and train. While there I managed to connect with a digitally equipped film and edit crew. They filmed and edited my Self Defense production that ended up being a 14-hour shoot with no in-between breaks, resulting in a 4 hour20-minute twin disc DVD set.





Shortly after this production Wayne contacted me to resume our filming digitally, but before we proceeded to film the entire Kenpo system, we needed to do a tune-up shoot to get the feel of working with the new digital equipment. We decided to produce an instructional Nunchakus DVD. All went well, we titled it “Nunchakus for Coordination, Show and Go”. Now we were ready to film the entire Kenpo Karate system.

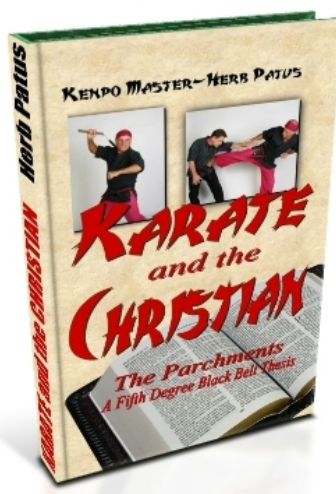
TIME FOR MY FIFTH DEGREE PROMOTION

The requirement for the Fifth Degree was to compose a twenty-page college level thesis on anything concerning the martial arts.

Because there are those who believe that it is un-scriptural to study a martial arts; The title of my thesis would be, “Karate and the Christian, the Parchments, a Fifth Degree Black Belt Thesis.”

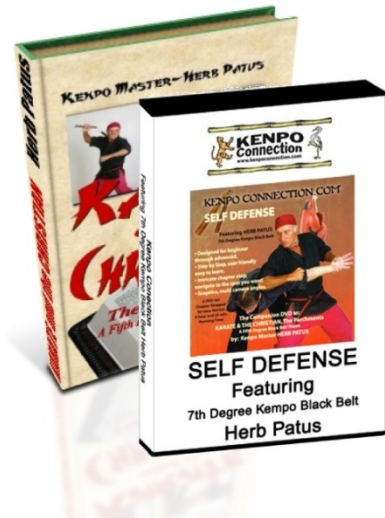
(The word parchments literally mean “the writing of”)

I submitted the twenty pages, then continued to write on the subject to completion. It became a 316-page book that provided an opportunity for me to propagate the Christian Gospel.



To enhance this full thesis, I turned my 4 hour 20-minute production into a companion DVD for the book, then packaged it accordingly. It became a set.

The total production cost for this book / DVD (final edit-then printed by: printing@fcpublishations.com plus 1,000 copies of each came to approximately \$15,000 +.



PREPARING TO CHRONICAL THE KENPO SYSTEM

When filming, live shoots are unforgiving. Voice-overs are the preferred method. My Kenpo production was to be voice-over.

To do a voice-over you first write a script (referred to as a storyboard), then record it onto a soundtrack. The voice is then edited to perfection. Words are lengthened or shortened, as are the spaces in-between them. This is the heart of the production. The film footage is then overlaid onto the soundtrack.

Composing the script for the Kenpo system was not a menial task. I worked on it practically daily for eighteen months. I was now ready to film.

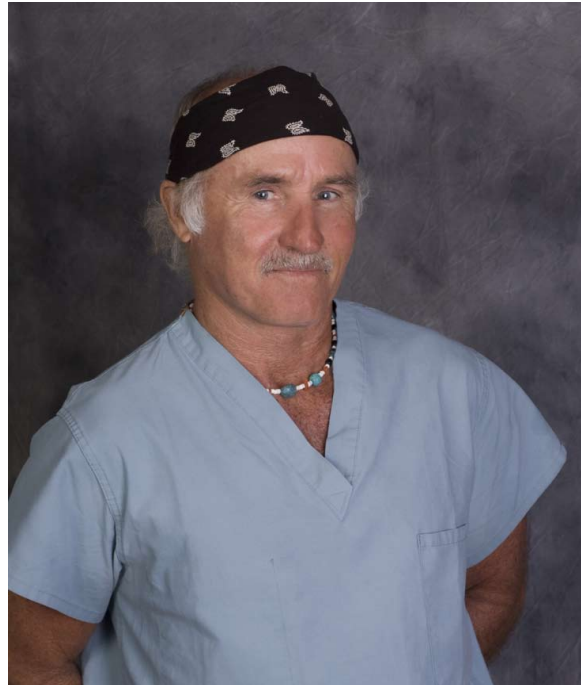
MASSAGE SCHOOL 2003 - 2004

The early “Kung Fu” monks were required to first learn to heal the body, before learning to harm it.

Staying true to the art, I enrolled into “Mueller College of Massage and Holistic Health”.

The education was incredible. I graduated as a Deep Tissue Certified Massage Therapist. Although deep tissue therapy can produce miraculous results, a therapist should never come to

believe that they are somehow “healers”; But rather are “enablers”, that merely assist the body with increased circulation which ultimately promotes healing, God’s plan for the body.



FILMED THE KENPO SYSTEM

There was intense preparation for this production. An industrial complex with the capability of handling the massive electrical grid needed to accommodate the equipment was a must. The energy consumption for a film production is enormous. We were powering 50 – 60 lights (back drop, camera lights), cameras, editing systems, computers, cooling fans, monitors etc...

We could not afford to be blowing fuses or popping circuits during a shoot. We filmed for five days, approximately twelve hours a day.

After purchasing the necessities for this filming (new carpeting to stand on, back lighting, backdrops, warehouse rental, film crew, etc...) the cost was approximately \$10,000.

In recent talks with Wayne, he said that at today’s prices, this same filming would be a \$35,000 production.



COVID PROVIDED OPPORTUNITY

Even in disastrous times there are opportunities for the wise. While our country, as well as the world suffered the deep depression of 1929-1939, there were those who became filthy rich because of it.

2019 COVID APPEARED

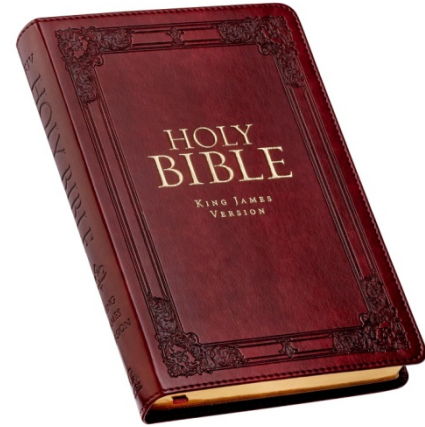
Due to this virus gyms, martial arts schools, beaches, parks as well as much of society were shut down. During this time I was most blessed. The owner of Stern's Gym, Lonnie Brown issued me a key to the gym, thus, I never missed a workout.



I would workout at 1:30 am, return home for a short nap, breakfast, then off to work (writing). I would park my car adjacent to the park. There I would sit in my car with a bible, a bible exhaustive concordance, and a computer.

It was here with intense dedication, and research that I penned five incredible bible studies.

- 1) David & Goliath
- 2) Jonah
- 3) Deity
- 4) The Most Overlooked Miracle in The Bible
- 5) Massacre In the Church Where is God?



These Bible Studies are now in the hands of a Christian printer / publisher for a final edit, then printing. They will be distributed under the banner “Kenpo Connection Bible Studies”. This is the same company that published my fifth Degree Black Belt Thesis “Karate and the Christian, the Parchments, A Fifth Degree Black Belt Thesis”.

WORKING FOR GOD PAYS HUGE DIVIDENDS

Completing the Bible Studies took approximately seven months (8-10 hours a day / 6-7 days a week}. I thought that my work was done, but I felt that the Lord had touched my heart for me to continue writing, so...

I then turned my full attention to constructing a weight training manual that would “pass muster” with orthopedic science.

I graduated from one of the finest massage colleges in the world, “Mueller College of Massage and Holistic Studies”, it is considered by many to be the Harvard of massage schools. It was here that I greatly excelled in the curriculum of kinesiology. The study of muscles, their origins, insertions, and actions.

After this intense study of kinesiology, I realized that there was a vitally proper method in which to train with weights for maximum efficiency as well as longevity.

Building muscle requires resistance, not heavy weight or high repetition which places excessive wear on the joints, ligaments, and tendons. This is the pathway to arthritic conditions; Thus, I constructed the weight training manual:

KENPO CONNECTION

ISOMETRIC / ISOTONIC

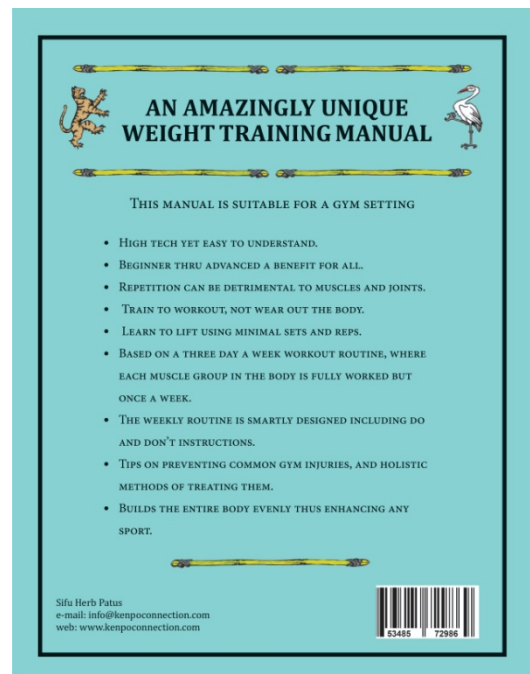
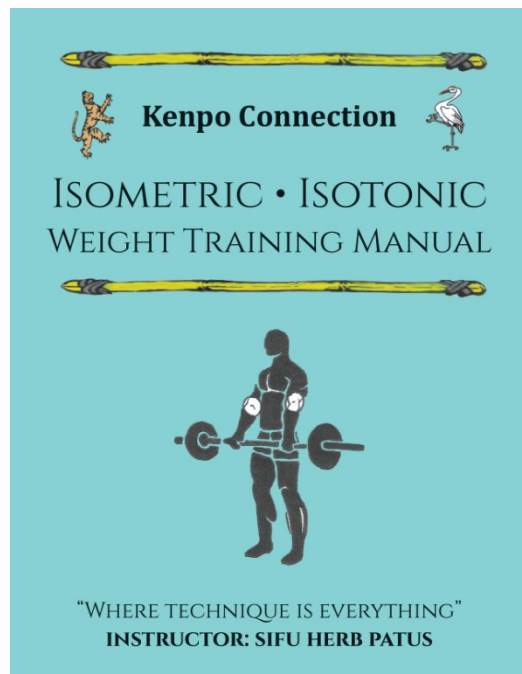
WEIGHT TRAINING MANUAL

Constructing this manual required another 4-5 months of working in my car at the park. Between the Bible Studies, and the Weight Training Manual, I spent approximately one year sitting in my car at the park writing.

THEN THE WORK BEGAN

To bring this 88-page manual into being required extremely complicated work by graphic designers, special software, photographers, artists, and a series of various editors.

After payment to these professionals, plus the cost of printing, it came to approximately \$10,000.



I HAVE MUCH TO BE THANKFUL FOR

If it were not for Kenpo, I may have never walked down this path of teaching as I have. I am grateful for and will never forget my Kenpo Group Classes (thank you “Chicken” Gabriel) where I truly learned to appreciate the basics of life (air and water).

I would walk into class with a troubled mind full of daily woe's; However, the class would progress at a rapid pace, filled with exhausting kicks, blocks, punches, exercises and drills.

Soon all my daily worries left my mind. All I wanted then was a little bit of water; but no water until the grueling one-hour class was over.

The pace accelerated until my knees would begin to wobble. Soon I forgot about the water, all I wanted was a little bit of air. Even then you had to pace yourself wisely to catch a breath.

When you were totally exhausted and ready to collapse, then the gloves went on and the sparring began.

The training was grievous for the moment but meant to prepare us for any possible street encounters.

I am grateful for the knowledge that I have received from the art of Chinese Kenpo Karate / Kung-fu, and those who have taught me "The Way".

Thanks Guys.



PASS IT ON

Because of my Kenpo training I was blessed to have two Kenpo schools of my own. One in Encinitas, Ca., as well as one in Poway, Ca.

I have also had the privilege of producing instructional DVDs that have even sold internationally. The books that I have authored and published have allowed my teachings to be distributed to many.

TENTH DEGREE BLACK BELT THE UTMOST TEACHING AWARD

After receiving the rank of Master (4th Degree Black belt) promotions are obtained by what one has done to promote the art of Kenpo. The Tenth Degree being the highest award that martial arts have to offer.

WHAT I HAVE ACCOMPLISHED THROUGH-FOR-AND WITH KENPO

My journey through Kenpo has been enlightening. It has given me confidence to march through life with my head up high, knowing that ultimately everything is going to be alright.

Combining this confidence with that of the Holy Scriptures gives a peace that “passeth all understanding”.

Although I’ve learned how to stop an aggressor with brute force, the best self-defense technique that can most often be applied comes from the bible:

(Proverbs15:1) “A soft answer turneth away wrath”.

I would much rather solve an issue with the wisdom of verbal judo, than having to apply Kenpo (fist law).

I am thankful for the camaraderie that I’ve experienced while training with my fellow Kenpo practitioners. We are like-minded people who diligently seek the treasures that the arts have to offer. We’ve shared sweat and blood. Many of us have become lifetime friends, thanks to Kenpo.



CONSIDER WHAT COMES INTO YOUR MIND

We must be wise as to what we allow to enter our minds for every action that we take begins with a thought-to an action-to a habit – then into our character.

Even serial rapists and killers have confessed this type of progression. For them it often began with pornography –to harming helpless animals –then unimaginable atrocities to humans.

APPLYING THIS EQUATION TO MY KENPO CAREER

Thought: I wanted to emulate the skills of Bruce Lee

Action: This thought stayed with me throughout childhood and into adulthood where I finally began Kenpo, putting my dream into action.

Habit: Once I became active in Kenpo / Kung-Fu I could not get enough of it. It became a habit.

Character: The habit I got into of studying Kenpo has brought me to a Black Belt and beyond. It was forever more into my character. It became who and what I was, and still am today.

I've had the honor of owning martial arts schools, and teaching on how to morph from chump to champ.

Most of all I have been able to utilize martial arts to promote the Bible and its teachings.

It has been most gratifying to watch people's lives change for the better.

I HAVE BEEN MOST BLESSED

I wish to thank all my instructors / teachers, and friends. A special thank you to Grand Master Richard "Dick" Willett, Master Mike Roberts, Master Orned "Chicken" Gabriel, and Master Todd Mc Elhinney for helping me to achieve this day. This will be one of the most memorable days of my entire life.



Chicken & Herb



Todd & Herb



Dick, Mike, Chicken



Mike, Herb, Dick.



Mike, Herb, Joe Lewis, Dick.

It is with pride and honor, and a grateful heart that I accept this award.



TOP OF THE MOUNTAIN?

The Kenpo Tenth Degree Black Belt places one on top of the proverbial mountain. It has been said that when you are on top, there is nowhere to go but down; however, combining Kenpo with God's word the Bible, gives opportunity to soar upwards into unimaginable heights known only by God.

For a long, healthy, prosperous life, train diligently and "Above all, keep the Faith".

Sifu Herb Patus

(Jn.3:16)

